

News English
新闻英语

Psychologists say that clock-watching can aggravate insomnia

研究：睡前频繁看时间或加剧失眠问题

A new study outlined how insomniacs might make their condition even more tiresome: clock-watching (or time-monitoring behavior (TMB), to be technical). It seems this can aggravate insomnia, increase frustration and lead to higher use of sleeping aids.

研究表明，不断确认时间（时间监测行为，TMB）会让失眠者更加痛苦，加剧失眠问题，增加焦虑感，并导致更加依赖安眠药。

It's a sort of negative feedback loop, the researchers found. TMB worsens insomnia and its associated annoyances, leading to more clock-watching and so on.

研究人员发现，这是一种负反馈循环。时间监测行为加剧失眠和焦虑，导致失眠者更频繁看时间等。

"People are concerned that they're not getting enough sleep, then they start estimating how long it will take them to fall back asleep and when they have to be up," said clinical psychologist Spencer Dawson from Indiana University Bloomington.

印第安纳大学伯明顿分校的临床心理学家斯宾塞·道森说，“人们担心他们没有得到充足睡眠，然后他们开始估算重新入睡需要多长时间，以及什么时候必须起床。”

"That is not the sort of activity that's helpful in facilitating the ability to fall asleep. The more stressed out you are, the harder time you're going to have



falling asleep."

“这不是有助于促进入睡的活动；你越紧张，就越难入睡。”

Mr. Dawson and his colleagues looked at sleep-specific data from 4,886 patients who completed a questionnaire at a sleep medical center in Arizona: the severity of their insomnia, the time spent monitoring their behavior while trying to sleep and their use of both over-the-counter and prescription sleep medications.

道森和研究团队查看了亚利桑那州一个睡眠医学中心接受问卷调查的4886名患者的睡眠相关数据，包括研究对象的失眠严重程度，入睡时监测自己行为的时间，以及他们使用非处方和处方安眠药的情况。

"We found time monitoring behavior mainly has an effect on sleep medication use because it exacerbates insomnia

symptoms," said Mr. Dawson.

“我们发现时间监测行为加剧了失眠症状，从而影响安眠药物的使用。”道森说。

TMB wasn't the only driver for medication, however. Frustration with not being able to sleep, the researchers noted, is just as important when it comes to dealing with insomnia.

时间监测行为并不是导致用药的唯一因素。研究人员指出，无法入睡引发的焦虑对失眠的影响也很重要。

The researchers recommended specific therapies -- cognitive restructuring or addressing emotional processing -- to further alleviate frustration, in turn alleviating the use of sleep medications.

研究人员建议采用特定的治疗方法，通过认知重建或处理情绪加工以进一步缓解焦虑感，从而减少使用安眠药。

Source: China Daily



English Class
小课堂

Quote 英文名句

There are no liberals behind steering wheels. -- Russell Baker, journalist
驾驶座上不存在自由主义者。——拉塞尔·贝克(记者)

Vocabulary 生词库

allowance	pauper
[ə'laʊəns]	['pɔ:pə(r)]
津贴	穷人

Classic Lines
影视经典台词



Empire 嘻哈帝国

《嘻哈帝国》是李·丹尼尔斯执导的美国都市题材电视连续剧。主人公卢修斯·里昂是一个精明能干的乐坛超级明星，正准备带领自己的帝国娱乐公司上市。他从小在街头养成了争强好胜的性格。为了保护自己的音乐帝国，他永远不会放弃任何一场战斗。

1. There's nothing better for a father than when his child shines brighter than he ever did.

最让一位父亲高兴的事莫过于他的孩子比他更成功。

2. Wars come and go, but my soldiers stay eternal.

战争来来去去，我的战士们永存。

3. Some people dream of success, others wake up and work hard at it.

有些人在梦想成功，殊不知其他人早已醒来并为之奋斗。

4. You can't fool all the people all of the time, but if you fool the right ones, the rest will fall behind.

无论何时你都无法愚弄所有人，但如果你愚弄了其中合适的几个人，剩下的都会随之上钩。

5. My mama used to tell me: If you can't find something to live for, you best find something to die for.

我妈以前常跟我说：如果你生无所求，最好找到你愿为之而死的事。

6. Got my self-esteem back. Got my confidence up.

收回自尊，拿出自信。

7. Knowledge reigns supreme over nearly everyone.

知识统治几乎所有人。

8. A coward dies a thousand deaths, a soldier dies but one.

懦夫死了千百遍，战士也会死，但只会死一次。

9. Teach the youth to speak the truth, show them what peace can do.

教育年轻人说出真相，展示给他们和平可以做的事。

10. Without the knowledge to lead you just follow the sheep.

没有知识的引导，你只能像绵羊一样盲目跟风。

Fujian Adventure
魅力福建

Imperial support of foreign religions

By Bill Brown

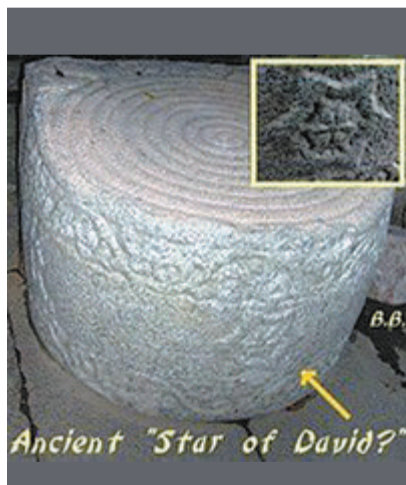
Workers found in 2001 what appears to be a stone Star of David, the first archaeological proof of Quanzhou's ancient Jewish community. Quanzhou was a haven for world religions because the emperor not only granted complete religious freedom to foreigners but also subsidized their activities.

The following passage comes from a contemporaneous account in 1326 by Andrew of Perugia, Zayton's Franciscan bishop, detailing the state of religion in Quanzhou at the time.

"After the archbishop was consecrated, we obtained an alafa from the emperor for our food and clothing. An alafa is an allowance for expenses which the emperor grants to the envoys of princes, to orators, warriors, different kinds of artists, jongleurs, paupers and all sorts of people of all sorts of conditions.

And the sum total of these allowances surpasses the revenue and expenditure of several of the kings of the Latin countries. (The Catholics' alafa was so generous that they used it to build churches, convents and a cathedral).

As to the wealth, splendor, and glory of this great emperor, the vastness of his dominion, the multitudes of people



subject to him, the number and greatness of his cities, and the constitution of the empire, within which no man dares to draw a sword against his neighbor, I will say nothing, because it would be a long matter to write, and would seem incredible to those who heard it. Even I who am here in the country do hear things averred of it that I can scarcely believe...

Tis a fact that in this vast empire there are people of every nation under heaven, and every sect, and all sundry are allowed to live freely according to their creed."

皇帝资助外来宗教

2001年，泉州发现一块“大卫之星”石刻，这是印证古代泉州有一定数量的犹太教徒的第一件考古文物。泉州是世界各种宗教的避难所，因为在此皇帝不仅赐予外国人完全的宗教自由，还在经济上资助他们的活动。

1326年，刺桐天主教主教、来自帕鲁查的安德鲁写道：

“在泉州，大主教就任圣职后，我们从皇帝处领取津贴来购买衣食。皇帝把津贴赐给各种人等，包括太子的特使、演讲者、勇士、艺术家、诗人和乞丐。

这些津贴的总额超过了拉丁国家几个国王的岁入和费用。（天主教的津贴相当丰厚，他们用它盖了礼拜堂、修道院和大教堂。）

至于这位伟大皇帝如何富有、声名显赫，他的领土是如何广袤，臣服他的子民是如何众多，以及他的城市的数目和壮观景象，国家治理之英明（在此没人敢对邻居拔匕首），我就不说了，因为实在不胜枚举，而且听的人定会觉得不可思议。我现在亲临这个国家，确实听到这些经过验证的事情，即便如此，我也难以相信……

但事实的确如此！在这片辽阔的国土上，有来自天底下所有国家的人民，而且各式各样的宗教的信徒都被允许依照自己的信仰自由地生活。”